

Herbal Legacy Recipes

OVEN ROASTED VEGETABLES

Recipe submitted by Amy Beth Jones.

INGREDIENTS:

- 1-2 lbs vegetables, broccoli and cauliflower
- 1-2 T. canola oil
- 2 cloves minced garlic
- Salt
- Fresh ground pepper
- Lemon juice
- Nutritional yeast flakes



DIRECTIONS:

Preheat oven to 400 degrees. Rinse and clean the veggies. Cut into bite size pieces. Put in a plastic bag with the olive oil, and garlic. Coat evenly. Put on a baking sheet then sprinkle with salt and fresh ground black pepper. Cook for 8-10 minutes until just tender. Remove from oven and put in a serving bowl. Squeeze on fresh lemon juice and sprinkle on nutritional yeast flake.

Note: *We like to do this with asparagus too.*

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